

Impact of Smart Devices among Adolescents Life Style in Al Najaf Al Ashraf City

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ABSTRACT

To identify the adolescents life style, to assess adolescents life style with smart devices and socio demographic characteristics.

A descriptive study designed to found relationship between smart devices and adolescents life style in Al-Najaf Al-Ashraf from 5 September to 10 November 2019.

The findings of present study indicate that more than 64% of the study sample between age group (12- 15) years old, (72.2%) are males, (76.3%) from them are graduated from primary school, regarding to overall assessment of psychological and physical domain with smart devices are acceptable. Finally, there is a significant relationship between social lifestyle with smart devices in items as numbered (4, 8, 13 and 14) with gender of participants.

The study confirms that there is a significant negative impact on psychological aspect. so that these devices affect the psychological state of the teenager negatively .The study indicate that there was a very significant impact on the social aspect of adolescents so that these devices cause social isolation..

Preferably rationalize the acquisition and use of adolescent smart devices under the direct and continuous supervision of the guardian. Enhancing the role of the parents in educating the adolescent about the harm caused by smart device. Parents should allocate specific time to treat the teenager with smart devices, and be after Ending his or her educational and social requirements. Provide sports activities, social and scientific by the family of the teenager, through which invest his time and reduce his recourse to these devices to fill his spare time.

Keywords-- Adolescents, Smart Devices, Life Style.

I. INTRODUCTION

Use of handheld smart devices such as smart phones and tablet computers is prevalent globally. The smart phones ownership rate has been increasing rapidly in recent years. In The Nether lands, the rate is around 70% in the general population and over 90% in adolescents.¹

In Switzerland, the rate in adolescents increased from around 50% to nearly 80% from 2010 to 2012.²

More than 60% of families with young children own a smart phone, and around 40% of them own tablet

computers.³

The adolescents still does not distinguish between the benefits and disadvantages of modern technology. Especially in Arab societies that use the worst side. Most people see technology as a positive thing for all time, so they imagine that owning modern devices and knowing the details is a sign of progress in technology. A smart device is an electronic gadget that is able to connect, share and interact with its user and other smart devices.⁴

Adolescence is a time of increasing vulnerability for poor mental health, including depression. Sleep disturbance is an important risk factor for the development of depression during adolescence. Excessive use from smart devices is a risk factor for both adolescents' sleep disturbance and depression. Certainly, the parents are the reason why they buy these smart devices for their children under the pretext of communication or to improve skills.⁵

The use of smart devices at the present time is becoming overly addictive because most students, whether they are students in higher education or low-level students, are more addicted to applications on a smart system.⁶

The effect of the smart devices on individual life has been prominent and clear, involving engaged in the field of work, education where students can easily study by saving time and effort, health and social life, this is on the positive side.⁷

The negative aspect of using the smart device is that it may clearly affect the behavior and thinking of the individual in a negative and faster way. It does so precisely and confidentially that it becomes difficult to identify and deal with. It can also be said that smart phones have the ability to influence the decision-making process. Smartphone addiction is a well-known condition where trauma causes high-level anxiety pain, low productivity and affects an individual's emotional health.

Also, another study mention that "addiction is common when the matter is related to smart phones, teenagers feel they are in need to keep in touch with other all the time. It is common to see teenagers exhausted of the long hours spent on Smartphone, be it games or surfing net. It impacts the digestion, breathing

rate and heart beat rate. Smart phones have become a new enemy to our sleep in terms of quality and time.⁸

Where indicated to there are bad effects on teenagers for using smart devices in terms of content, duration and repetition seems to pose health risks such as growth problems, muscle and bone problems, obesity , physical inactivity, lack of sleep. In addition, many other effects on teenagers whether they are physical or psychological.⁹

Statement of Problem:

Impact of Smart Devices among Adolescents Life Style in Al Najaf Al Ashraf City

1. To identify the Adolescents Life Style
2. To assess Adolescents Life Style with Smart Devices

3. To find out the association between the adolescents life style with smart devices and some of socio-demographic data.

Design of the Study:

Quantitative research non probability (purposive sample) from 5 September to 10 November 2019.

Setting of the Study:

The study was carried out in secondary schools in Al-Najaf Al-Ashraf city

The Sample of the study:

A purposive sample of (300) adolescents, were taken from secondary schools in Al-Najaf Al-Ashraf city.

II. RESULTS

Table 1: Socio-demographic data of the study sample

Groups	Frequency (total 300)	Percentage (%)
Age (years)	12- 15	64.5
	16 – 19	35.5
Gender	Male	72.2
	Female	27.8
Children Educational Level	Primary School	76.3
	Secondary School	18.4
	Preparatory School	5.4
Child number in the family	First	36.5
	Middle	41.1
	Last	20.7
Father educational Level	Illiterate	6.7
	Read and Write	28.1
	Primary School	10.4
	Secondary School	18.1
	Preparatory school	12.7
	College and Institute	19.1
Mother educational Level	Postgraduate	5.0
	Illiterate	10.7
	Read and Write	30.8
	Primary School	16.1
	Secondary School	18.1
	Preparatory school	10.0
Father job	College and Institute	11.0
	Postgraduate	3.3
	Employee	41.5
Mother job	free work	44.8
	Doesn't	13.7
	Employee	18.4
	House wife	81.6

Table1 shows that more than 64% of the study sample between age group (12- 15) years old, (72.2%) are males, (76.3%) from them are primary school graduated, regarding to child number in the family (41.1%) of the study sample is middle, according to

educational level for father, (28.1) from them is read and write, while education level for mother (30.8%) of the study sample is able to read and write, For the father's job and (44.8 %) from them are free work, while the mother's job (81.6 %) is house wife.

Table 2: The observed frequencies and percentages of subjects' groups according to smart devices uses

Groups		Frequency (total 29)	Percentage (%)
Type of Smart Devices	Smart phone	172	57.5
	Tablet	19	6.4
	Smart TV	42	14.0
	Smart watch	9	3.0
	Media and audio player	18	6.0
	Laptop	39	13.0
Time used	1 – 2 hours a day	130	43.5
	3 – 4 hours a day	92	30.8
	5 – 6 hours a day	43	14.4
	> 7 hours a day	34	11.4
Location of uses	at home	239	79.9
	outside the house with my friends .	42	14.0
	outside the house in the shops allocated for it	18	6.0

This table reveals that the type of smart devices uses, (57.5 %) from participant use smart phone. Concerning to time used, (43.5%) from them spend

about 1-2 hours a day, regarding to location of uses (79.9%) uses at home.

Table 3: The observed frequencies and percentages of subjects' groups according to psychological lifestyle with smart devices

		Freq. (total 300)	Percentage	MS	Ass.
Suffering from distraction and day dreams.	always	16	5.4	2.44	pass
	Sometimes	136	45.5		
	Never	147	49.2		
Fail to complete the tasks that he /she starts.	always	23	7.7	2.34	pass
	Sometimes	150	50.2		
	Never	126	42.1		
Tells unreal stories.	always	26	8.7	2.52	pass
	Sometimes	93	31.1		
	Never	180	60.2		
Never listens to the instructions that have been given to him.	always	37	12.4	2.26	pass
	Sometimes	146	48.8		
	Never	116	38.8		
Almost busy with himself, his fingers, clothes and hair.	always	74	24.7	2.04	pass
	Sometimes	139	46.5		
	Never	86	28.8		
Easy to be controlled by others.	always	29	9.7	2.48	pass
	Sometimes	98	32.8		
	Never	172	57.5		
His/her thinking is being distracted due to stimulation in an abnormal way.	always	55	18.4	2.19	pass
	Sometimes	131	43.8		
	Never	113	37.8		
Forgets things or an important	always	64	21.4	2.08	pass

objects.	Sometimes	148	49.5		
	Never	87	29.1		
Forgets things or an important objects.	always	23	7.7	2.53	pass
	Sometimes	94	31.4		
	Never	182	60.9		
Avoids difficult tasks that require a long time.	always	44	14.7	2.22	pass
	Sometimes	145	48.5		
	Never	110	36.8		
Overall assessment of psychological lifestyle with smart devices				MS : 2.31	Acceptable
				RS : 77%	

Cutoff point = 2; pass >= 2; fail < 2

Table 3 shows that assessment for subjects' groups according to psychological lifestyle with smart devices. In relation to all of variable have pass

assessment. While overall assessment of psychological lifestyle with smart device are acceptable.

Table 4: Statistical distribution of the study sample according to social lifestyle with smart devices

		Freq.	Percentage	MS	Ass.
Excessive annoyed nonobjective behaviors.	always	11	3.7	2.59	pass
	Sometimes	102	34.1		
	Never	186	62.2		
Jogging, jumping and climbing.	always	37	12.4	2.39	pass
	Sometimes	109	36.5		
	Never	153	51.2		
Damaging stuff and disarranging them due to imitation of games that he/she watches.	always	7	2.3	2.70	pass
	Sometimes	75	25.1		
	Never	217	72.6		
Escaping from home to go to the games hall.	always	12	4.0	2.78	pass
	Sometimes	43	14.4		
	Never	244	81.6		
Likes to fight with others .	always	23	7.7	2.53	pass
	Sometimes	94	31.4		
	Never	182	60.9		
Tough on animals.	always	8	2.7	2.79	pass
	Sometimes	47	15.7		
	Never	244	81.6		
Doesn't come along with his/her peers.	always	15	5.0	2.59	pass
	Sometimes	94	31.4		
	Never	191	63.6		
Not cooperating with others.	always	12	4.0	2.70	pass
	Sometimes	67	22.4		
	Never	220	73.6		
Steals things .	always	6	2.0	2.90	pass
	Sometimes	13	4.4		
	Never	278	93.6		
Harsh and his/her behaviors are wild.	always	8	2.7	2.80	pass
	Sometimes	44	14.7		
	Never	247	82.6		
Rebellious, stubborn and naughty.	always	18	6.0	2.58	pass
	Sometimes	89	29.8		
	Never	192	64.2		

Can do a bad behavior against the society like fire ignition.	always	11	3.7	2.85	pass
	Sometimes	22	7.4		
	Never	266	89.0		
Can have sex with others.	always	6	2.0	2.92	pass
	Sometimes	12	4.0		
	Never	281	94.0		
Practice bullying upon his colleagues.	always	11	3.7	2.76	pass
	Sometimes	50	16.7		
	Never	238	79.6		
Avoid apology.	always	43	14.4	2.29	pass
	Sometimes	127	42.5		
	Never	129	43.1		
Overall assessment of social lifestyle with smart devices				MS : 2.678	Good
				RS : 89.62 %	

Table 4 indicate that assessment for subjects' groups according social lifestyle with smart devices. In relation to all of variable have pass assessment. In regard

to overall assessment of social lifestyle with smart devices are good.

Table 5: Statistical distribution of the study sample according to physical domain of lifestyle

Items		Freq. (total 300)	%	MS	Ass.
I find it difficult to walk .	always	14	4.7	2.60	pass
	Sometimes	91	30.4		
	Never	194	64.9		
I find it difficult to run .	always	13	4.3	2.53	pass
	Sometimes	116	38.8		
	Never	170	56.9		
I find it difficult in doing daily activity .	always	18	6.0	2.40	pass
	Sometimes	142	47.5		
	Never	139	46.5		
I find it difficult to lift heavy objects .	always	22	7.4	2.46	pass
	Sometimes	118	39.5		
	Never	159	53.2		
I find it difficult to shower myself .	always	15	5.0	2.70	pass
	Sometimes	61	20.4		
	Never	223	74.6		
I find it difficult to do everyday tasks .	always	29	9.7	2.38	pass
	Sometimes	125	41.9		
	Never	144	48.3		
I find it difficult feeling pain in the areas of the body .	always	26	8.7	2.35	pass
	Sometimes	143	47.8		
	Never	130	43.5		
I find it difficult to save energy .	always	34	11.4	2.28	pass
	Sometimes	146	48.8		
	Never	119	39.8		
Do not get enough sleep at night .	always	42	14.0	2.22	pass
	Sometimes	148	49.5		

	Never	109	36.5		
You believe that your use of smart devices has caused your nutritional status to deteriorate .	always	46	15.4	2.35	pass
	Sometimes	102	34.1		
	Never	151	50.5		
Overall assessment of physical domain of lifestyle				MS : 2.427	Acceptable
				RS : 80.9 %	

This table reveals that the assessment for subjects' groups according physical domain of lifestyle have pass assessment all of variable. In regard to overall

assessment of physical domain of lifestyle are acceptable.

Table 6: Dependence association between Demographic data and social lifestyle with smart devices

No.	Items	Chi-square (p-value)			
		Age	Gender	Child. Educa. Level	Child No. in the famil y
1	Excessive annoyed nonobjective behaviors.	0.125	-.324	0.253	0.110
2	Jogging, jumping and climbing.	0.346	-.352	0.317	0.155
3	Damaging stuff and disarranging them due to imitation of games that he/she watches.	0.552	-.234	0.083	0.133
4	Escaping from home to go to the games hall.	0.233	0.000	0.228	0.342
5	Likes to fight with others .	0.167	.010	0.224	0.287
6	Tough on animals.	0.457	.022	0.147	0.143
7	Doesn't come along with his/her peers.	0.393	-.194	0.289	0.195
8	Not cooperating with others.	0.360	0.025	0.205	0.183
9	Steals things .	0.112	0.116	0.110	0.362
10	Harsh and his/her behaviors are wild.	0.105	0.125	0.115	0.110
11	Rebellious, stubborn and naughty.	0.153	0.233	0.133	0.115
12	Can do a bad behavior against the society like fire ignition.	0.622	0.422	0.322	0.133
13	Can have sex with others.	0.097	0.025	0.087	0.322
14	Practice bullying upon his colleagues.	0.163	0.015	0.143	0.087
15	Avoid Apology	0.279	.0795	0.174	0.143

p-value < 0.05 : significant relationship

This table reveals that there is a significant relationship between social lifestyle with smart devices in items as numbered (4, 8, 13 and 14) with gender at p-

value (0.000, 0.025, 0.025 and 0.015) respectively, while there is a non-significant relationship between social lifestyle with remaining demographic data.

Table 7: Relationship between lifestyle domains and each of psychosocial and social lifestyle with smart devices

No.	Items	psychosocial lifestyle with smart devices (p-value)	social lifestyle with smart devices (p-value)
1	Physical activity	0.000	0.000
2	Occupation	0.899	0.788
3	Stress	0.552	0.046

p-value < 0.05 : significant relationship

This table reveals that the high significant relationship between physical activity and lifestyle domains (psychosocial and social lifestyle with smart devices) at p-value (0.000). Also there is a statistically significant relationship between social life style with stress p-value (0.046).

III. DISCUSSION

In the present study, table (1) shows that Socio-demographic data of the study sample. In relation to age of participants, more than half of them between age group (12- 15) old years. Regarding to the gender, the findings show that gender (72.2%) are males. In regard to educational level for children, the results indicate that more than half are graduated from primary school. Concerning to education level of father and mother the study findings that about a third of participants can be able read & Write (28.1%), (30.8%) respectively. For the job of father and mother, the study result found that (44.8 %) from father had free works, as for the mother, most of them were house wife.

According to the results show in table 2, type of smart devices uses, more than half from participant use smart phone. This agreement with result done by Nath, (2018) reported that the majority of sample use smart phone. Concerning to time used, (43.5%) from them spend about 1-2 hours a day and highest percent of them use smart devices in their homes.⁸

In (tables 3, 4 and 5) indicate that the study sample have pass assessment related all domain. In regard to overall assessment of psychological, physical and social domain with smart devices are acceptable or good.

About table 6 in the study indicate that there is a significant relationship between social lifestyle with smart devices in items as numbered (4, 8, 13 and 14) with adolescent gender at p-value (0.000, 0.025, 0.025 and 0.015) respectively, while there is a non-significant relationship with remaining demographic data.

Table 7 shows that high significant relationship between physical activity and lifestyle domains (psychosocial and social lifestyle with smart devices). Also there is a statistically significant relationship between social lifestyle with stress p-value (0.046).

Evidence suggests that the use of technology has changed physical activity, especially if the use of technology is particularly excessive as it replaces nighttime sleep. In a study on children and adolescent, it was found that 37% of the them had a low active play level, 65% had high screening time (television, computer, tablet, phone, etc.), and 26% had a combination of these two.¹⁰

IV. CONCLUSION

1 - The result of this study indicated that more than half of the study sample were males, between age group

(12- 15) years old and most of them graduated from primary school.

- 2 - The study confirms that there is a significant negative impact on psychological aspect. so that these devices affect the psychological state of the teenager negatively.
- 3 - The study indicate that there was a very significant impact on the social aspect of adolescents so that these devices cause social isolation. The study confirms that these devices have a high impact on the physical side; it causes obesity and lack of movement in adolescents if used moderately.

V. RECOMMENDATION

- 1 - Preferably rationalize the acquisition and use of adolescent smart devices under the direct and continuous supervision of the guardian.
- 2 - Enhancing the role of the parents in educating the adolescent about the harm caused by smart device.
- 3 - Parents should allocate specific time to treat the teenager with smart devices, and be after ending his or her educational and social requirements.
- 4 - Provide sports activities, social and scientific by the family of the teenager, through which invest his time and reduce his recourse to these devices to fill his spare time.

Declaration of interest: Nil.

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Ethical Clearance: After the approval of protocol by the Ethical Review Board, faculty of nursing/ university of kufa/Iraq and before enrollment, all subjects gave their verbal approval.

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